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PRACTICAL SUGGESTIONS



WHITE corn-meal is effective in constipation if the patient can take a large amount in twenty-four hours. Cook in a double boiler four hours, until quite stiff, then thin with milk and serve as a gruel or as a cereal with milk or cream, but instead of sugar, pour on a little strained honey. Another palatable way of serving it is to cut it in thin slices, spread strained honey on both sides, then put it in a pan in the oven until brown.

M. D. B.

WHEN a patient only requires care at night occasionally when awake, I pin a tape with a safety pin so that it will be within his reach. The other end I have tied about my wrist. In that way I can sleep in the next room or even several rooms away. This is particularly useful when near the elevated road or any other noisy place, and it has the advantage over a call bell in that it does not disturb other members of the family. I have the tape long enough so that I can turn over with ease.

M. D. B.

IN making mouth washes I always use seltzer or vichy siphon water. I find it the most agreeable as well as the most cleansing wash. My patients all like it, which adds to the benefit.

C. B. R.

FOR chafing between the thighs—a complaint of stout persons in hot weather—bathe the parts daily with alcohol. It certainly toughens the skin.

C. B. R.

IT sometimes seems best not to give “the usual daily bath” to pneumonia patients who are very ill. The extra effort is exhausting.

C. B. R.

FOR caked breast, hot compresses of witch-hazel (an old woman’s remedy) are very good.

C. B. R.

I HAVE seen several graduate nurses cover cold compresses with oiled silk. This should not be done, for it is then converted into a poultice. Wring out the linen, folded into four layers, from cold water, then bandage securely.

C. B. R.

FOR emergency operations, the five-cent sterile towels, which can be obtained at any drug store, are convenient. I have had them washed and resterilized to use as dressings afterward.

C. B. R.

THE following suggestion is from the bulletin of the Illinois State Board of Health. I tried it and it works all right, both going on and coming off. I dipped a bar of laundry soap in water, rubbed it over the strip of newspaper until the strip was damp and tried it on varnished woodwork.

A clever plan, which works well in practical application, is the sealing of rooms for disinfection with strips of paper made to adhere with soap. The advantage of this method is that the paper is very easily removed and, with slight moistening, the woodwork may be easily and thoroughly cleaned.

S. M. G.

A PASTE made of bismuth and vaseline is very healing for babies who are chapped or have a sore anus.

E. M. S.

NEWSPAPER pads of many thicknesses are the cheapest and most easily obtained for protecting the bed in emergency cases of obstetrics, or for an operation.

E. M. S.

TOILET paper may be used to receive the sputum. It is also a great saver of handkerchiefs if used to clear the head in cases of ordinary cold.

E. M. S.

QUESTIONS AND ANSWERS

“CAN you tell me of a good method to extract juice from fresh beef? Have tried the lemon squeezer, scraping, etc., but have not as yet had satisfactory results.”

Cut the beef into small cubes, putting a bit of salt on each. Place these in a sauce-pan, with one teaspoonful of cold water. Have at hand a cup of cold water, and an empty cup for the beef-juice, standing in warm water. Place the pan on a warm part of the stove, where it will heat but not cook. Press the meat with a strong spoon until a tablespoon of juice is obtained. Pour this into the warm cup, add another teaspoonful of cold water to the meat, and continue to stir and press as before. When all the juice possible has been extracted, finish by squeezing the meat in a lemon squeezer or meat press. This is more palatable to some patients than a beef-juice unmixed with water.

Recipes for extracting juice from beef by the action of hydrochloric acid are given in Miss Boland's and Mrs. Lincoln's cook-books. Miss Sachse gives various methods in her cook-book.

“WHAT is considered a fair charge when one is nursing two patients in the same family, the rate for one patient being twenty-five dollars per week, and the people being fairly well to do?”

I. H.

We shall endeavor to get an opinion on this subject from some one who has been long in charge of a directory for nurses, but in the meantime it would be interesting to hear the opinion of JOURNAL readers who have found themselves in similar positions. The nurses we have interviewed have made no additional charge for a second patient, if the second illness arose in the course of their duty.

